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**ABSTRACT OF THE DISCLOSURE**

A reaction mixture that is especially suited to generate heat in a controllable manner. The reaction mixture includes exothermic generating particles having a water soluble coating made from polyethylene glycol with a molecular weight  
10 between 2000 and 6000; a volatile component, a buffer, an anti-foaming agent, and optionally including an aqueous solution and a thickening agent. The reaction components are mixed together and the mixture increases in temperature to a Set Temperature within a predetermined time, and the mixture remains at the Set Temperature for a longer period of time. In this manner,  
15 volatile components can be controllably released to the surrounding environment. The volatile components can be, for example, a perfume, a fragrance, an insect repellent, a fumigant, a disinfectant, a bactericide, an insecticide, a pesticide, a germicide, an acaricide, a sterilizer, a deodorizer, a fogging agent and mixtures of these. Apparatuses and methods that use these  
20 reaction mixtures are also disclosed.